

**2400 Calorie Meal Plan  
(with 3 meals, 2 snacks)**

**Contains;**  
311 gm carbohydrate  
114 gm protein  
80 gm fat

**Total Daily Choices**

3 skim/very lowfat milk  
7 medium-fat meat (oz.)  
11 starch/bread  
4 vegetable  
6 fruit  
5 fat

**Breakfast**

1 medium-fat meat  
2 starch/bread  
2 fruit  
2 fat  
1 skim/very lowfat milk  
free beverage (optional)

**Meal Plan**

**Lunch**

3 medium-fat meat  
3 starch /bread  
2 vegetable  
2 fruit  
1 fat  
free beverage (optional)

**Dinner**

3 medium-fat meat  
3 starch/bread  
2 vegetable  
1 fruit  
2 fat  
½ skim/very lowfat milk  
free beverage (optional)

**Afternoon Snack**

1 ½ starch/bread  
1 fruit  
1 skim/very lowfat milk

**Evening Snack**

1 ½ starch/bread  
1 ½ skim/very lowfat milk

**Breakfast**

\* ½ egg substitute  
1 slice whole wheat toast  
w/ 2 tsp margarine  
½ C bran flakes w/ ½ banana  
½ large grapefruit  
8 oz skim milk  
Decaffeinated coffee

**Sample Menu**

**Lunch**

3 oz hamburger w/ lettuce  
dill pickles, sliced tomato,  
1 tsp mayonnaise  
1 Tbsp catup on bun  
1 C carrot and celery sticks  
1 oz bag lowfat potato chips  
8 oz skim milk  
1 large banana  
Iced tea

**Dinner**

3 oz roast beef  
1 large baked potato w/ 1 tsp  
margarine  
1 C carrots  
1 dinner roll w/ 1 tsp  
margarine  
Lettuce w/ cucumbers and  
radishes  
1 fresh apple  
4 oz skim milk  
Diet soda

**Afternoon Snack**

1 fresh pear  
9 saltine crackers  
½ C frozen lowfat yogurt

**Evening Snack**

3 ½ C unbuttered popcorn  
4 oz skim milk

\*REAL LABEL of egg substitute. If labels states less than 55 calories per ½ C, use ½ C instead of ¼ C.